



SMOKE FREE TOBACCO FREE CAMPUS WMHI WORKGROUP- Winnebago Room MINUTES FOR 8-11-2005

MEMBERS PRESENT: Marilyn Clarenbach, Connie Hannemann, Marla Hill, Jeff Manning, Mary Nitz, Larry Schomer, Natalie Stenson, Sterling.

MEMBERS ABSENT: Dr Arong, Ronecka Baker, Bob C, Ben Eggum, Sharon Haberkorn, Greg Hurlbut, Rita Kennedy, Mary Kotschi, William K, Larry Lautenschlager, Mike Leuthold, Joann O'Connor, Jennifer Rew, Diane Shaw, Karen Wright.

Task List/Agenda Items:

1. 7-14-05 Minutes – reviewed; accepted

2. BOOTH AT BIG EVENT

Marilyn and Natalie went through the materials that will be available: visitor cards, handout materials from the Library, display survival kit and a poster board. It was suggested to have a dish of sugar free candy also at the booth. Natalie passed around the sign-up sheet for manning the booth.

ACTION: 1. Booth to be set up near the main activities (ie food tent or bingo tent) in the shade – Marla to work with Rich Garman to facilitate that

2. The work group felt that the visitor cards should be available, now, on the units for patient visitors. Natalie will get more made and is the center of distribution. Mary Nitz and Connie will take supplies out to each unit and to the building lobbies.

3. STRESS INVENTORY FORM

The form needs to be modified to reflect the smoke/tobacco free environment as of 10-3-05.

ACTION: Mary Nitz will work with Lois Mulder on getting the form changed.

4. SURVIVAL KITS/PEER COUNSELOR TRAINING

Discussion ensued on the logistics of getting the Survival Kits to those who have asked for one. The initial thought was that they would be given out by a peer counselor and would serve as an initial contact. However, out of the 37 individuals who have volunteered to be peer counselors, only 11 have attended one of the 5 Peer Counselor training sessions. The Peer Counselor Training is where the counselors obtain their binder and video and explains how to use the materials, many of which can be duplicated. Staffing constraints and priorities were cited as possible causes for the poor turnout.

From the initial surveys done in June, 48 staff and 60 patients have indicated they would like a Survival Kit. 14 staff have indicated they would like to see a peer counselor.

ACTION: 1. Natalie will send all the staff that asked for a peer counselor a listing of the trained Peer Counselors. The staff member is then to work their supervisor, who will in turn work with the counselor's supervisor, to set up a mutual time. This is similar to setting up a meeting with a Union steward.

2. Natalie will send the UD a listing of the patients who have asked to speak to a Peer Counselors. The UD will then facilitate the peer counselor contact. A listing of the trained

Peer Counselors is to be posted on the Unit Bulletin Boards and on the WMHI Intranet web site for smoking cessation. – Marilyn will send out the list of trained peer counselors.

3. Marilyn to offer 3 more sessions for peer counseling training.
4. Group felt it best to discuss with Joann on how best to distribute the Survival Kits to those who have expressed interest in one as there are not sufficient trained peer counselors to pursue that route. Group agreed that it should be part of the individual patient's treatment plan, and not just handed out.

5. UNIT PLANS

All Units have submitted a plan for their smoking cessation efforts and they are available on the L: drive under Unit Plans. Lots of good ideas to share. One Unit Plan called for the distribution of a Survival Kit to anyone who wanted one, whether they are a smoker or not. The work group felt that this could set a precedent that would not be feasible financially.

ACTION: 1. survival kits be provided only to smokers who request one

2. Future discussions consider the distribution of a survival kit to new admissions (smokers), after October 3. If this were to be done, a source of funding needs to be made available along with maintaining a supply of Survival Kits.

6. Food provisions

September might be a good time to have more edibles and cold beverages available throughout the Institute – in the Lobby, on the Units, at work sites, etc. Suggested items include carrots, celery, pretzels, sugar free lemonade, etc.

Action: Institute supervisors just need to place an order for edibles with Dietary.

7. GAMES/ACTIVITIES

Committee member would like to see a variety of Play Station game cards available for purchase in the Canteen and perhaps a number of them on the unit. Other discussion centered on having a variety of activities in the lobby areas – such as magazines, puzzles, brain teasers, etc. The idea of having a centralized location to maximize resources was felt to be desirable.

ACTION: Marla to check with Joann about funding.

8. Plan for non-clinical staff areas

Ken Neyhard has taken this up with Executive Staff and made the recommendation that a more generic plan be put together for all areas that are not directly related to the patient units, i.e. be more encompassing. Many on this workgroup agreed as they felt their unit plans were very patient focused.

ACTION: A sample plan to use as a base will probably be discussed at Executive Staff.

INFORMATION:

1. The second set of video presentations sponsored by the Union/Management Best Practice group was held on July 21 and 26. Approximately 17 at the first and about 24 at the second. Included was the video, SLAM, discussion about the value of exercise, and an ex-smoker's experiences with smoking cessation. The group discussion went extremely well, and it was suggested to have support groups available for patients and staff to share what they are going through. The next series is slated for August 23 and 24 and the video is "Smoke Screeners" and highlights how the media promotes smoking. A speaker and snacks will be available.
2. Rodney Miller, Central Office Smoking Cessation Chair, is setting up another web cast for September. "Dr. Eric Heiligenstein is going to do a presentation on tobacco cessation efforts with psychiatric populations. The presentation is scheduled for Wednesday September 7, 2005 from 11:30 to 1:00 p.m. As previously, we will do a web cast format to allow the maximum number of participants. I wanted to send this out now so you could make sure to get it on your calendars. Specific details on how to access, etc. will be forthcoming. I think this will be a particularly relevant presentation for our staff. "

3. Be sure to check out the WMHI intranet web site for the latest information. Minutes, agendas, and much other information is available to committee members by going to the L; drive under the Tobacco Free folder. Articles appear in the weekly Mini News and the Library has established an area for just smoking cessation materials. Posters are out all over the facility. The education effort continues nicely.

NEXT MEETING: SPECIAL TIME 8:30 AM – Winnebago Room

August 25, 2005 – Winnebago Room

Suggested Agenda topics:

- Survival Kit and Peer Counseling Training issues follow-up
- Unit Plans/Non-Clinical areas – progress
- Increased leisure times – realistic plans to replace a 10-minute smoke break
- Big Event Booth/Health and Safety Training
- Food Provisions
- Violations/consequences of smoking policy after 10-3-05 (need to think through this aspect prior to 10-3). (Please review Policy 113.16 for this agenda item.)
- Support Groups
- Plans for the actual day of October 3
- Signage, letters, unresolved issues – follow-up